HORIZMWR

Camp Darby MWR Programs

September 2006

Get in Shape with:

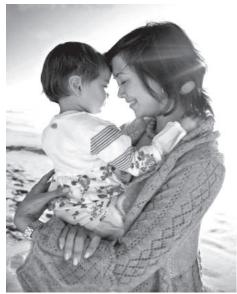
The Civilian Fitness Program

See pg. 8 for details

Also in this issue: Aqua Village in Cecina New Parent Support Program Mirabilandia Amusement Park

New Parent Support Program

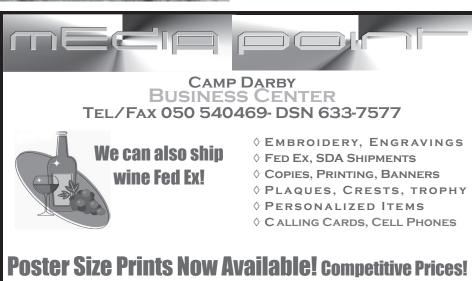
1030-1130 in the Chapel Nursery



Wednesday
for Play Group!

A medical clinic nurse will teach a brief class each Wednesday.

For more information, contact ACS at 633-7084



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MWR Accepts More Credit Cards!

We accept Visa, Discover, American Express, MasterCard, & Military Star Card at the following MWR facilities:

- Darby Community Club
- Meucci Jewelry
- Sea Pines Recreational Facilities
- Information, Tours & Recreation
- Outdoor Equipment Check Out Center
- Child Development Center (no American Express)
- Financial Management Division

Stay Informed with AFN

Want to know what's happening in the community? Tune in to Z-106 Morning Show Monday – Friday from 6–10 AM and 2–6 PM for the afternoon show. For talk radio and sports, tune in to Power Network 107. The AFN Europe Evening News airs at 6:45 pm on Channel 14 on Atlantic Prime. You can also log on to www.afneurope.net/livorno and check out daily weather reports, ongoing events and your local/national news.

The Darby Horizon is published monthly by the MWR Marketing Division.

HQ Front, Bldg. 303, Room 16, 633-7238

William Carpenter, Marketing Specialist

Julie Gardner, Marketing Assistant

marketing@darby.setaf.army.mil

As always, a very special thanks to our friends at AFN Livorno and ZFM 106.0!



Club Admin & Cashier Cage

Mon-Fri 0800-1700

Bar

 Mon
 Closed

 Tue-Thu
 1700-2200

 Fri
 1700-2400

 Sat
 1700-2200

 Sun
 1700-Close

Amusement Machines

 Mon
 0800-1600

 Tue-Thu
 0800-2200

 Fri
 0800-2400

 Sat
 1700-2200

 Sun
 Closed

Gazebo Grill

Thursday- Saturday 1700-2100



Chicken Strips	\$4.00
Chicken Sandwich	\$4.50
Chicken wings	\$5.25
Hamburger	\$3.50
Garden salad	\$3.00
Nachos	\$3.00
Nuggets&Fries	\$3.50
Sausage	\$2.00
Hot dog	\$1.50
French Fries	\$2 00

Upcoming Events

1 Sept- Variety D.J.

8 Sept- Variety D.J.

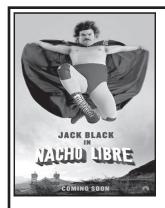
15 Sept- Variety D.J.

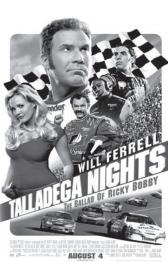
22 Sept- Variety D.J.

29 Sept- Variety D.J.

Interested in DJing?

DCC is looking for you! Call 633-7855 for info







All Movies Begin at 1800 Matinees Begin at 1400

- 1 Waist Deep (R)
- 2 Nacho Libre (PG)
- 3 The Ant Bully (PG) Matinee
- 8 Pirates of the Caribbean: Dead Man's Chest (PG-13)
- The Devil Wears Prada (PG-13)
- 10 Garfield: A Tale of Two Kitties (PG)

 Matinee
- 15 World Trade Center (PG-13)

- 16 Talladega Nights (PG-13)
- 17 Barnyard (PG) **Matinee**
- 22 Snakes on A Plane (R)
- 23 Little Man (PG13)
- 24 The Ant Bully (PG) **Matinee**
- 29 Talladega Nights (PG13)
- 30 Invincible (PG)



Mon-Fri 0800-1700

VENICE GUIDED TOUR 1. 8 SEPT

0500-2230 \$85 Adults \$80 Children*

Upon arrival, explore the city on your own, then take a walking tour of Piazza San Marco, a Venetian glass factory & more! An



extra €12.50 is required for the water taxi into Venice.

FLORENCE GUIDED TOUR

2, 6, 9 SEPT 0830-1830

\$55 Adults \$50 Children*

Enjoy a morning on your own in this city of beauty and Renaissance culture. In the afternoon, take a 2 hour professionally guided tour that includes Dante's house, Baptistery, Duomo and Giotto Tower.

ROME GUIDED TOUR 5, 7 SEPT

0500-2200

\$75 Adults \$70 Children*

Start exploring Rome in Vatican City, where you'll find the Sistine Chapel. In the afternoon, meet up with your guide for a walking tour of the Coliseum (external), Forum, Pantheon, and the Fountain of Trevi.

AQUA VILLAGE IN CECINA 16 SEPTEMBER

0830-1830

\$15 per person+€14 entrance fee

The Acqua Village in Cecina Mare features three water slides, wave pool, children's pool, soaped soccer, play room and more!

MIRABILANDIA AMUSEMENT PARK 23 SEPTEMBER 0630-2000 \$20 Adults \$15 Children*

Enjoy one of Italy's biggest amusement parks with plenty of rides and attractions for the entire



family! Entrance fee is \in 16 per person.

OUTLET SHOPPING 30 SEPTEMBER 0900-1700 \$15 per person

Spend the day shopping outside of Florence at designer outlets such as Gucci, Fendi, Armani, Benetton and many more!

^{*} Children between 0-10 years.

Darby Lanes

Weds-Sat 1700-2200 Sun 1600-2100

Bowling Center



Grand Opening!

Date to be announced.

Darby Lanes will soon be available for birthday parties, unit functions and other special events!



Coming in October: League Bowling!

- Get your friends or unit together and form teams!
- Groups will be able to sign up their teams during the grand opening.

Those interested in volunteering to be a League bowling secretary, please call 633-7589. This is really important - if we don't have a league!



Mon-Fri Saturday	0530-2030 0900-1700
Sunday	1000-1700
Training Holidays	0530-1700
Federal Holidays	Closed

Massage Therapy



60 min/\$38 30 min/\$26 Swedish, Deep Tissue & Sports massage. Tickets must be purchased at the

Fitness Center before your massage.

For an appointment, contact our certified massage therapists:

Vicki 050-642180 (Thurs. only)

Joanne 349-550-1197

1-15 SEPT CO-ED VOLLEYBALL SIGN-UPS 11 Sept- Officials Training 1730-2030 SEASON BEGINS OCT 3

NEW SHOE POLICY

- 1. Only non-marking, clean court shoes allowed on court
- **2.** No running shoes or cross-trainers on the court.
- **3.** Please hand carry all athletic shoes that will be worn on the court.

Group Fitness Programs

Single ticket \$3 Book of ten tickets \$25

Cardio Mix F 1200 Wide range of high-energy aerobic activities to burn calories.

Muscle Works Th 1200
Strength training for all levels; simple, athletic-based. Strengthen, tone & define all major muscle groups.

Step T 1200
Easy to follow, great intensity, perfect cross-training for you.

Spin T/Th 1530 W 1200

A high intensity, calorie-burning workout that utilizes stationary bicycles.

Yoga M 1200 T/Th 0630

This is a beginners class and a great way to start your morning.

Self-Defense T Th 1700 Learn defense techniques that will enable you to be ready for anything!

New Civilian Fitness Program!

DA Civilians may be authorized up to 3 hours work time per week for 6 months!

Enrollments/ Fitness Assesments will be held Friday, Sept 29, from 0900-1200.



For more information, contact the Health Promotion Office: DSN 633-8828 FAX: 634-8207 E-MAIL: health@setaf.army.mil

Sea Pines

Sea Pines Recreational Facilities Daily

0800-1700

Rooms

Sea Pines offers both deluxe rooms and standard rooms.

Like the standard, our deluxe rooms offer a single and double bed, but also provide a DVD player and a patio that includes a grill.



Campgrounds

The campground features 93 campsites with 220 V electrical hookups, each with a picnic table and BBQ grill. There are 2 handicap sites and the over flow areas have water points.



RV Sites

That's right! 10 hard pad RV sites with electrical, sewer, and water connections. Only \$25 per night.

Trailers

Do you like camping but not the idea of sleeping in a tent? Then our cabin-like trailers are for you. Surrounded by sea pines, our 20 trailers are located in the campground area.

Also Available at Sea Pines

- Italian Postcards
- Big Screen TV
- Slot Machines
- Car Wash & Vacuum Tokens
- Satellite TV
- Coffee/EspressoMachine
- DHL Delivery

Explore Italy with Information, Tours and Recreation



While making your lodging accommodations why not check out all the great trips and tours we have to offer.

We're conveniently located in the lobby of Sea Pines Lodge.

We regularly schedule excursions to Rome, Venice, Florence and Cinque Terre.

633-7589

September Calendar 4 3 ITR: Rome Guided Tour ITR: Florence YS: Photo Club 10 11 13 12 YS: Workforce Prep 17 18 20 YS: Photo Club 24 25 26 27 YS: Junior Staff Development Every Monday Yoga Class: 1200 YS: Arts & Crafts Every Wedne YS: Cooking Every Tuesday Yoga Class: 0630 Step Class: 1200 Library: Story Spin Class: 1 Spin Class: 1530

		1 ITR-Venice Guided Tour	2 ITR: Florence Day Trip
e Day Trip	7 Italian class 1100-1200 ACS ESL class 1200-1300 ITR: Rome Guided Tour YS: Torch Club	8 ITR-Venice Guided Tour YS: Lock In	9 ITR: Florence Day Trip
	14 Italian class 1100-1200 ACS ESL class 1200-1300 YS: Jr Staff Development Shopping Trip	15 YS: Keystone Meeting	16 ITR: Acqua Village in Cecina
	21 Italian class 1100-1200 ACS ESL class 1200-1300 YS: Smart Moves	22 YS: Horseback Riding Trip	23 ITR: Miribilandia Amusement Park
esday Club Hour 2:00	28 Italian class 1100-1200 ACS ESL class 1200-1300 YS: Torch Club Every Thursday Yoga Class: 0630 Muscle Wks: 1200 Spin Class: 1530 Self-Defense: 1700	YS: Keystone Club Girls Night out Every Friday Cardio Mix: 1200 YS: Special Events	30 ITR: Outlet Shopping
			O . D 1 I 1 144

Mon, Wed, Fri

1300-1800



Camping Equipment

Sleeping Bag	\$ 2.50
	\$ 2.00
Sleep Pad	T
Backpack	\$ 2.00
Cooking Kit	\$ 2.00
2 Burner Stove	\$ 3.00
Ice Cooler	\$ 2.00
Water Cooler	\$ 1.50
Cot, Folding	\$ 2.00
Chair, Folding	\$ 2.00
Camp Stool	\$ 1.50
Tent, sleeps 4-5	\$ 8.00
Tent, sleeps 8-10	\$10.00
Tarp, Tent, small	\$ 2.00
Tarp, Tent, large	\$ 2.50

Sports Equipment

Golf Clubs	\$ 6.00
Bike, Mountain*	\$ 8.00
Skates, In-line*	\$ 6.00

*Helmet required





Mon-Sun

1000-1800

Make reservations at least two working days prior to your drop off date at Outdoor Recreation, BLD 690 during regular hours of operation.

Cats and dogs are welcome in this new heated building.

Please call ODR during hours of operation at 633-7775

Daily Lodging (Lodging only)

\$10 per day for dogs \$ 8 per day for cats

Daily Complete Care (Lodging, food & beverage)

\$20 per day for dogs \$16 per day for cats

Veterinary Clinic

Next Vet Clinic Appointments:

Wed 6 Sept 9-12pm Wed 13 Sept 9-12pm

Services offered include:

Annual exams and vaccinations, Heartworm testing, Felv/FIV testing, sick call, and health certificates.

Dogs must be on a leash, cats should be in a pet carrier, aggressive dogs must be muzzled. To schedule appointments (surgeries, vaccinations & sick call), please log onto: https://www.livorno.army.mil/sites/Vet.html

Bldq. 840



Tax Exemption Program

Bldq. 303

633-7549

633-8288



Mon-Fri

1200-1550

Save 20% on your next home furnishings purchase or on almost anything you could include in your household goods when PCSing!

We've reduced our service fee to \$10. Stop by FMD (HQ Front, Room 10) to learn more about this money saving opportunity **BEFORE** you buy! Call 633-7549 for more information.

633-7623

Mon-Fri Sat Sun & American Holidays 1000-1900 1100-1700 Closed

HISPANIC HERITAGE MONTH



Celebrate with your children:

E/Cas "Abuela's Weave"

"The Legend of

Poinsetta"

E/DeP

E/Sot

"Francisco" E/Mai "Too Many

Tamales"

J/398/Tor "Tortillas Para

Mama"

J/398.2/Mor "La Cucaracha

Martina"

"Mi Sillabario" J/468/Cap

J/F/Tho "Stories from El

Barrio"

UPDATE YOUR RESUME **MONTH**

Look for the following books at your Post Library:

650.14/Dri "Out of Uniform"

650.14/Ene "Expert Resumes for

People Returning to

Work"

650.14/Hel "Career Change"

650.14/Kin "The Smart

Woman's Guide to Resumes and Job

Hunting"

650.14/Kra "Job Search Letters

That Get Resumes"

"Resumes That Get. 650.14/Res

Jobs"

650.1402/Res "Resumes for Fx-

Military Personnel"

SPECIAL CHILDREN'S HOUR!



Celebrate Hispanic Heritage Month Weds at 10 a.m. for ages 3-5 in the Children's Room.

Auto Skills Center

Bldg. 778, 779, 783 & 784 633-7009

Tue-Fri Sat Sun, Mon & US Holidays 1000-2000 0900-1600 Closed

Available at

Auto Skills:

- Automatic Car Wash
- Hydro Jet Cleaner
- Lifts
- Vacuum Cleaner
- Wheel Balancing
- Work Bays
- Engine Analyzer

Wheel Balancing

We have a Tire balance machine. Cost includes weights for metal and aluminum rims.



Education Center

Bldg. 427

633-7073



Embry Riddle Aeronautical University

Whether you are seeking a degree through ERAU, completing CCAF, or transferring credit, Embry-Riddle offers a variety of courses! For info, contact Sherry Voruz at 633-7818 or Sherry.Voruz@darby.setaf.army.mil

Central Texas College

CTC primarily offers vocational-technical courses. For info, call Toni Daigle at 633-7492 or email darby.rep@europe.ctcd.edu

University of Maryland

University of Maryland offers many core classes needed for a Bachelor's Degree. Gwynneth Hennis is the field representative for UMUC and can be reached at 633-7386 or qhennis@ed.umuc.edu

Testing Office

For information on CLEP, DANTES or other exams, contact Alan Moses at 633-7640 or email him at livorno.testing@us.army.mil.

Education Counselor

For tuition assistance or other Education Center inquiries, contact Rosemarie Deluca at 633-7073 or rosemarie.deluca@darby.setaf. army.mil

Army Community Service

Mon/Tue/Wed/Fri Thu

0800-1700 1100-1700

SERVICES

Exceptional Family Member Program (EFMP)

EFMP is a DOD-wide effort to link people with disabilities or special needs to special programs or services. Regulations require that all service members be enrolled if someone in their family has special needs. Contact the EFMP Manager at Army Community Services, telephone 633-7084.

Family Advocacy

We focus on domestic violence prevention in the Army. Working together within our Army communities we can promote awareness and become more aware of our individual responsibilities to report. Every home of the Camp Darby community should be a safe home.

Service Member & Family Life Consultant

We are professional stateside counselors here to talk about anything from deployment stress to parenting. We are free and confidential. We can meet in private or in a group setting. Call 329-876-2168 or 633-7084 for an appointment.

Sexual Assault Is Not **Acceptable Behavior**

Contact your Unit Victim Advocate or ACS 633-7084. Call ACS 633-7084

Family Member Employment Office

Interested in obtaining a U.S. position? Learn how to get jobs, how to ace an interview, and other information at ACS.

MOBILIZATION&DEPLOYMENT



Do you have anyone going downrange or know someone already there? Make sure you are privy to all of the support systems in place for you. Please contact ACS for more info.

Camp Darby Family Readiness

Deployed Spouses Support groups starting soon! Please Call ACS 633-7084

Smooth Move/Levy Briefing Wednesday, 13 Sept, 0815--1130

Are you PCSing or ETSing within the next 60 days? Sign up for the next Smooth Move/Levy Briefing seminar to make sure your PSCS move will be a smooth transition. Sign up early! Contact ACS at 633-7084

In or Out-processing?

The Lending Closet offers dishware, small appliances and other useful items to make your move easier!

Send Your Deployed Soldier A Video Message!

While our Yellow Ribbon Room is relocating, you can still keep in contact with loved ones downrange at ACS. Our computers are equipped with web-cams. Viditalk, and IM capabilities.

FREE CLASSES & SEMINARS

Benvenuti a Camp Darby! Monday, 11 Sept

Are you new to Camp Darby? Are you struggling with the language, don't have any friends yet? Sign up for Benvenuti session! Attendance is mandatory for Army newcomers & childcare is free, but you must register.

Army Family Team Building Wednesday, 27 Sept, 0900-1100

Army Family Team Building is a volunteerled organization with a central tenet: provide training and knowledge to spouses and family members to support the total Army effort. You must register with ACS. Volunteer instructors needed. On-line training available. Please contact the ACS 633-7084.

Financial Readiness Classes

Are you looking for some "financial peace?" Classes are available for individuals and units. Call 633-7084 to sign up for finance classes with Elizabeth Speck, your advocate for financial awareness.

Free Computer Training

The Employment Readiness Program has computer based, self paced software training programs installed on the ACS computers. Refresh your current proficiency or gain new skills today!

Sponsorship Training Tuesday, 12 Sept, 0900-1000

Learn what to do to make the transition smoother for a person or family PCSing to and from Camp Darby by attending this class. Contact ACS for more information by calling 633-7084.

LANGUAGE CLASSES

Italian As A Foreign Language Every Thursday 1100-1200

Further your Italian language skills that you began with Headstart with FREE Italian classes.

English As A Foreign Language Every Thursday 1200-1300

Need a little help improving your English? Sign up for English lessions today!

ATTENTION Camp Darby Volunteers!

Make sure you remember to record your monthly volunteer hours. These may be emailed to lorraine.m.fisher@us.army.mil or stephen.zglinicki@darby.setaf.mil

Join Us on Wednesdays for Play Group as part of our New Parent Support Program!



10:30-11:30 at the Chapel Nurserv

Have health questions about your little one? Our resident nurse is available at the beginning of every playgroup.

Child and Youth Services

Central Enrollment Registry



Contact the CLEOS CER office at 633-7681 to make an appointment. Please bring the following documents with you; Immunization Records, LES, names and phone numbers of 2 emergency designees, and a copy of your Family Care Plan (applies single and dual military parents). Registration fee is \$15 per child or \$35 per family and valid for one year.

Supervision of Children Policy
Children in grades 1-5 must be supervised
(within sight & hearing range of a responsible
adult) at all times. Children in grades 1-5 may
walk to/from one supervised activity to another
with written parental permission.

Parent's Night Out

Sept 29th. Parents, you deserve a break! Enjoy an evening out and leave the childcare to CYS. Multiple child discount of 10% applies. Children must be registered with CYS. Call the CDC or SAS at 633-7613 to make a reservation.

School Liaison Officer 633-7642

The School Liaison Officer (SLO) assists the community in promoting academic success & smooth transitions for military children. The SLO facilitates educational support services to maximize the opportunity for academic success for military children.

Child Development Center

Bldg. 726 633-7459 Mon-Fri 0630-1730 Closed Sat, Sun and Federal Holidays

PROGRAMS

Full Day Program- Child care available for up to 10 hours daily.

Hourly Program— Hourly care meets the needs of parents requiring short term care on an intermittent basis. Reservations may be made up to a month ahead. Cancellations of reservations are required. To make a reservation, registered parents may call 633-7459 with the name and age of child and date and time care is required. Drop-in care can also be provided on a space available basis.

Part Day Preschool- For children aged 3 years to 5 years – Monday, Wednesday, Friday 0830-1130 from September to June, to follow the DODDS school year. Children will not attend CDC during Spring, Summer and Christmas breaks, or during parent-teacher conferences and DODDS teacher in-service days.

Part-Time Program— Monthly child care is available 5 days a week for 4.5 hours a day, either morning or afternoon.

For more information on these programs, fees, and other information, contact CDC at 633-7459, or CDC Director, Linda Forniciari at 633-7473.

School Age Services

Bldg. 841	633-7613	
Mon-Fri	0245-530	
Half-Days	1100-1730	
School-Out Days	0700-1730	
Closed Sat, Sun and Federal Holidays		

Photography



Clubs start everyday at 1600

Mon: Crafters Club

Newsletter, Scence Club Tues:

Weds: Cooking Club Thurs: Character Counts.

Scrapbooking Club

Friday: Pet Club, Photography Club

Daily Sports, Fitness and Computer Lab Activities.

Homework Assistance Available on a daily basis.

Youth Services (YS)

Bldg. 730		633-7629
Mon-Fri		1500-1815
Half-Days		1115-1815
School-Out Days		1115-1815

Closed Sat, Sun and Federal Holidays

Calendar of Events

Sept 5- Photo club 3:30-4:30 Sept 7- Torch Club 3:30-4:00

Sept 8- Lock in: Begins Fri at 1800 Ends Sat 0800

Sept 12-Workforce Prep-Veterinarian Demonstration 3:30-4:30

Sept 14- Jr Staff development **Shopping trip 3:30-4:30**

Sept 15- Keystone Meeting 4:00-4:30

Sept 19- Photo club 3:30-4:30

Sept 21- Smart Moves 3:30-4:30

Sept 22- Horseback Riding trip 1400-1700

Sept 26-Jr staff development-Flyer making 3:30-4:00

Sept 28-Torch club 3:30-4:00 Sept 29-Keystone Club 4:00-4:30 **Girls Night out 1830-2200**

Weekly Activities

Mon: Arts and Crafts 1530-1600

Tues: Gym 1600-1700

Weds: Cooking Club 3:30-4:30 Special Events and Open Fri:

Recreation

USAG Livorno Facility Map

